

Self-Awareness Weight Questionnaire

1. By how many pounds do you consider yourself to be overweight?

Under 10 10-20 21-40 41-60 More than 60

2. How many times in the past have you seriously set out to lose weight

None 1-5 6-10 More than 10 times

3. The main reasons I want to lose weight are:

Health Self Esteem Pressure from others Attract a mate Other

4. Do you carry a disproportionate amount of weight in one particular area of your body?

Legs Arms Hips Lower Abdomen Waist Chest Shoulders Posterior

5. Is your body shape similar to that of your same sex parent?

Not at all somewhat similar quite similar very similar

6. Do you consider yourself to be an empathic person — i.e. able to feel what others are feeling?

Not much Quite sensitive Very sensitive Extremely sensitive

7. Is it possible that you are actually carrying some of your parent's pain or that of other members of your family or even generations?

Not at all Unlikely Quite possibly Very likely Definitely

8. Are you significantly prone to any of the following?

Guilt Anger Resentment Jealousy Grief Sadness Anxiety

9. Would you describe yourself as any of the following:

Perfectionist Co-dependent Addictive Approval Seeking Invisible Driven

10. Have you experienced any of the following in a severe form, especially in childhood.

Rejection Abandonment Physical Abuse Sexual Abuse Emotional Abuse

Death of a loved one Broken heart

11. Do you recall when you first began to gain weight YES NO. If so, can you identify what painful event might have occurred just prior to the weight gain? YES NO

12. Review all the answers you have given to questions 1 thru 11 and check the box which you *intuitively* feel most closely represents your impression that your weight problem is in some way emotional in origin.

Not at all Unlikely Quite possibly Very likely Definitely

NOW READ THE NOTES RELATING TO THIS QUESTIONNAIRE

Notes on the Self-Awareness Weight Questionnaire

IMPORTANT: PLEASE DO THE QUESTIONNAIRE BEFORE YOU READ THESE NOTES.

1. By how many pounds do you consider yourself to be overweight?

Under 10 10-20 21-40 41-60 More than 60

Note: *It really doesn't matter how many pounds you feel you need to lose. What matters is the nature of the emotional charge causing you to hold onto those pounds in direct opposition to your conscious desire to shed them. Our job is to neutralize the emotional charge.*

2. How many times in the past have you seriously set out to lose weight

None 1-5 6-10 More than 10 times

Note: *Many people have short-term success with weight loss programs but over time put it back on. If you seem to have 'failed' many times over like this, don't beat yourself up. It is actually good evidence that there is an emotional basis for your needing to hold the weight. As far as your subconscious mind was concerned it was too risky to lose weight, so it told you that putting it back on was the most self-loving thing to do.*

3. The main reasons I want to lose weight are:

Health Self Esteem Pressure from others Attract a mate Other

Note: *All these are good and valid reasons to lose weight, except pressure from others. When you do anything out of sense of obligation, you lose both power and integrity.*

4. Do you carry a disproportionate amount of weight in one particular area of your body?

Legs Arms Hips Abdomen Waist Chest Shoulders Posterior

Note: *There is lots of information out there (beyond the scope of this paper however), that indicates what carrying weight in certain areas of the body might mean. Suffice it say here that localised fat is a good clue that something of an emotional nature, connected energetically to that part of the body, has caused the weight gain.*

5. Is your body shape similar to that of your same sex parent?

Not at all somewhat similar quite similar very similar

Note: *This can be genetic, obviously, but it can also be an indication of you carrying the same issues as your parent.*

6. Do you consider yourself to be an empathic person — i.e. able to feel what others are feeling?

Not much Quite sensitive Very sensitive Extremely sensitive

Note: *People who are very empathic are often extremely caring, loving people, but they lack an ability to separate their own feelings from those they are relating to. They are inclined to carry a huge amount of emotional pain of their own as well as that of other people. They are often identified as being codependent, meaning that they get meaning in their own lives by 'fixing' others but at the expense of themselves and by suppressing their own feelings. If you checked 'very' or 'extremely' sensitive to the feelings of others you are likely to have a lot of suppressed emotional 'stuff' of your own that might lie behind your weight problem.*

7. Is it possible that you are actually carrying some of your parent's pain or that of other members of your family, or even a generation back?

Not at all Unlikely Quite possibly Very likely Definitely

Note: *It is very common for children to actually take on the pain of one or both of their parents and/or their grandparents. They see their parents in terrible pain over a break up or a death, whatever, and feel that the only thing they can do to help is to take some of it on themselves. Then in time, it becomes their own. We all also can carry generational pain and bring it forward.*

8. Are you significantly prone to any of the following?

Guilt Anger Resentment Jealousy Grief Sadness Anxiety

Note: *Unresolved emotional pain will always find a way to surface and be expressed. When we try to continue suppressing it, the pain comes out 'sideways' as anger, resentment, anxiety etc. The more we suppress it, the worse these symptom becomes and the more they become habitual - even addictive. They also manifest as disease or excess weight.*

9. Would you describe yourself as any of the following:

Perfectionist Addictive Approval Seeking Invisible Driven

Note: *Every one of these characteristics indicate repressed or suppressed emotional pain. Addictions by their very nature are ways to medicate the feelings in order to prevent them from being felt. Perfectionists and people who are driven are craving approval but can never get it.*

10. Have you experienced any of the following in a severe form, especially in childhood.

Rejection Abandonment Physical Abuse Sexual Abuse Emotional Abuse Death of a loved one Broken heart

Note: *It is not so much that these things happened to you that's important; it is the extent to which you are still affected by them that counts, or the extent to which you have or have not forgiven them and released all vestige of victim consciousness around them. I find people who have done this are rare indeed.*

11. Do you recall when you first began to gain weight YES NO If so, can you identify what painful event might have occurred just prior to the weight gain? YES NO

12. Now review all the answers you have given to questions 1 thru 11 and check the box below which you *intuitively* feel most closely represents your impression that your weight problem is in some way emotional in origin.

Not at all Unlikely Quite possibly Very likely Definitely

Note: If after due consideration you checked the first or even the second box, this program probably isn't going to help you. You either genuinely have nothing you can relate to as a possible emotional factor in your holding weight or you are in a state of sublime denial. Either way, you would probably not benefit from the program. If, on the other hand, you checked one of the last three, the chances are good that this program would be effective for you.

HAVING PRINTED THIS AND THE QUESTIONNAIRE OUT, KEEP THEM IN A SAFE PLACE. IF YOU SHOULD OPT TO HAVE SOME COACHING, YOUR QUESTIONNAIRE WOULD BE USEFUL IN THE DIALOGUE BETWEEN YOU AND YOUR COACH.